

WHAT IS CLAIMED IS:

5 1. A method of using an adjustable backless, strapless breast form system comprising:

 independently positioning a pair of breast forms over each of a user's breasts, wherein each breast form comprises an interior surface adapted for placement over the user's
10 breasts and a volume of silicone gel encased between thermoplastic film material;

 adjoining a pressure sensitive adhesive layer disposed along the interior surface of each of the breast forms to a
15 desired position on the user's breasts, wherein the pressure sensitive adhesive layer of each breast form is sufficiently readily removed from the user's breast independently of the other breast form to be repositionable relative to the user's breast and to the adjacent breast form; and

20 adjoining the breast forms together by engaging a connector positioned between inner sides of each of the breast forms, wherein the connector comprises a first portion attached to the inner side of one of the breast forms and a
25 second portion attached to the inner side of the other breast form, wherein the first portion and the second portion are adapted to cooperatively engage.

30 2. The method of claim 1 wherein each breast form comprises an outer side facing opposite the inner side and towards the user's armpit, and the breast form is secured to the user's breast by the pressure sensitive adhesive layer.

35 3. A method of using a backless, strapless bra to

adjust breast cleavage comprising:

5 independently positioning a pair of breast forms over each of a user's breasts, wherein each breast form comprises the interior surface adapted for placement over the user's breasts and a volume of silicone gel encased between thermoplastic film material;

10 adjoining a pressure sensitive adhesive layer disposed along an interior surface of each of the breast forms to a desired position on the user's breasts, wherein the pressure sensitive adhesive layer of each breast form is sufficiently readily removed from the user's breast independently of the
15 other breast form to be repositionable relative to the user's breast and to the adjacent breast form;

20 adjoining the breast forms together by engaging a connector positioned between inner sides of each of the breast forms, wherein the connector comprises a first portion attached to the inner side of one of the breast forms and a second portion attached to the inner side of the other breast form, wherein the first portion and the second portion are adapted to cooperatively engage, whereby engaging the first
25 portion and the second portion moves the breast forms and the user's breasts together and creates an amount of breast cleavage; and

30 adjusting the amount of breast cleavage by removing at least one of the breast forms from the user's breasts and repositioning the breast forms at a different position on the user's breasts, such that the distance between the inner sides of the breast forms before they are adjoined together affects
35 the amount of breast cleavage created when the breast forms are adjoined together.

5 4. The method of claim 3 also comprising increasing the
distance between the inner sides of the breast forms before
they are adjoined together to increase the amount of breast
cleavage created when the breast forms are adjoined together.

10 5. The method of claim 3 also comprising decreasing the
distance between the inner sides of the breast forms before
they are adjoined together to decrease the amount of breast
cleavage created when the breast forms are adjoined together.

15 6. The method of claim 3 wherein each breast form
comprises an outer side facing opposite the inner side and
towards the user's armpit, and the breast form is secured to
the user's breast by the pressure sensitive adhesive layer.